

# Supporting your child's behaviour



**Helping children understand their emotions and regulate their behaviour takes work.**

Children do well if they can. Behaviour is a form of communication. A child might be communicating 'I'm hurt', 'I don't want to' or 'I'm overwhelmed' through their behaviour. You can get support to help your child learn how to understand their emotions and behaviour.

## How to get help

### 1. Check if there is an underlying health issue or concern

Health issues and pain can impact children's behaviour, so it's always worth checking with your GP or dentist to see if there is an underlying issue. Behaviour can also be a sign of bullying or major changes at home or school. Ask your child and the adults in their life if something is upsetting them.

### 2. Children do best when parents are supported

Support for families with children with disability is available from:

#### Parentline

Talking to Parentline can help. Call **13 22 89** or go to <https://services.dhhs.vic.gov.au/parentline>

#### Triple P parenting program

Free online parent course. Find out more at <https://www.triplep-parenting.net.au/vic-en/free-parenting-courses/triple-p-online-under-12/#au-parents-register-now>

#### Raising Children Network

Online information for families and children with disability at <https://raisingchildren.net.au/disability>

### 3. Talk to a trusted professional

Talk about your concerns with a trusted professional such as your GP, Maternal and Child Health nurse, paediatrician, speech pathologist or occupational therapist. They can help you work out any major concerns and put in place steps to support your child's behaviour.

### 4. Communication support in your child's NDIS Plan

For children with little or no speech, providing Augmentative and Alternative Communication (AAC) can help them communicate. AAC can include key word sign, communication boards and text to speech apps. You can get support for AAC from a speech therapist as part of your child's NDIS Plan.

### 5. Behaviour support in your child's NDIS plan

You may be able to get behaviour support in your child's NDIS Plan. Support can include therapy, a Behaviour Support Plan, training and strategies to support your child and family.

### 6. Behaviour support at school

If you or your child's teacher have concerns about your child's behaviour at school, you may be able to get behaviour support at school. This may include working with your child's Student Support Group to develop a Behaviour Support Plan.